Mrs Joanna Stephens
1730 on
the Stone and Gravel

A Moſt Excellent

CURE

FOR THE

STONE and GRAVEL,

As Publiſhed by

Mrs. *Joanna Stephens*,

For which DISCOVERY ſhe is allowed Five Thouſand Pounds by Act of Parliament.

To which is added,

A Compleat LIST of the Nobility, Gentry, Phyſicians, and Surgeons, who are appointed by Parliament to examine the ſaid MEDICINES.

LONDON:

Printed for the Benefit of Mankind in General.

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The DISCOVERY, *as publiſhed in the* London Gazette, *by Authority, is as follows.*

MY Medicines are a Powder, a Decoction and Pills.

The Powder conſiſts of Eggſhells and Snails, both calcin'd.

The Decoction is made by boiling ſome Herbs (together with a Ball which conſiſts of Soap, Swines Creſſes burnt to a Blackneſs, with Honey) in Water.

The Pills conſiſt of Snails calcin'd, Wild Carrot-Seeds, Burdock-Seeds, Aſhen Keys, Hips and Haws, all burnt to a Blackneſs, Soap and Honey.

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The Powder is thus prepared.

Take Hens Egg-ſhells well dreined from the Whites, dry and clean, cruſh them ſmall with the Hands, and fill a Crucible of the 12th Size (which contains nearly three Pints) with them lightly; place it in the Fire, and cover it with a Tile; then heap Coals over it, that it may be in the midſt of a very ſtrong clear Fire till the Egg-ſhells be calcin'd to a greyiſh White, and acquire an acid ſalt Taſte: This will take up 8 Hours at leaſt. After they are thus calcin'd, put them in a clean dry Earthen Pan, which muſt not be above three Parts full, that there may be Room for the ſwelling of the Egg-ſhells in baking. Let the Pan ſtand uncover'd in a dry Room for two Months, and no longer. In this Time the Egg-ſhells will become of a milder Taſte, and that Part which is ſufficiently calcin'd will fall into a Powder of ſuch a Fineneſs, as to paſs through a common Hair-Sieve, which is to be done accordingly.

In like Manner, Take Garden-Snails with their Shells, clean'd from the Dirt, fill a Crucible of the ſame Size with them whole, cover it, and place it in a Fire, as before, till the Snails have done

ſmoaking, which will be in about an Hour, taking Care that they do not continue in the Fire after that. They are then to be taken out of the Crucible, and immediately rubb'd in a Mortar to a fine Powder, which ought to be of a very dark-grey Colour.

Note, *If Pit-Coal be made uſe of, it will be proper, in order that the Fire may the ſooner burn clear on the Top, that large Cynders, and not freſh Coals, be placed upon the Tiles which cover the Crucibles.*

Theſe Powders being thus prepared, take the Egg-ſhell-Powder of ſix Crucibles, and the Snail-Powder of one, mix them together, rub them in a Mortar, and paſs them through a Cypreſs-Sieve. This Mixture is immediately to be put up into Bottles, which muſt be cloſe ſtopp'd, and kept in a dry Place for Uſe. I have generally added a ſmall Quantity of Swines Creſſes burnt to a Blackneſs, and rubb'd fine; but this was only with a View to diſguiſe it.

The Egg-ſhells may be prepared at any Time of the Year, but it is beſt to do them in Summer. The Snails ought only to be prepared in May, June, July and

and Auguſt; and I eſteem thoſe beſt which are done in the firſt of theſe Months.

The Decoction is thus prepared.

Take 4 Ounces and a half of the beſt Alicant-Soap, beat it in a Mortar with a large Spoonful of Swines Creſſes burnt to a Blackneſs, and as much *Honey* as will make the Whole of the Conſiſtence of Paſte. Let this be form'd into a Ball.

Take this Ball and green Chamomile, or Chamomile-Flowers, ſweet Fennel, Parſley, and Burdock-Leaves, each one Ounce. When they are not Greens, take the ſame Quantities of Roots; cut the Herbs or Roots, ſlice the Ball, and boil them in two Quarts of ſoft Water half an Hour, then ſtrain it off, and ſweeten it with Honey.

The Pills are thus prepared.

Take equal Quantities by Meaſure, of Snails calcin'd as before, of Wild Carrot-Seeds, Burdock-Seeds, Aſhen Keys, Hips and Haws, all burnt to a Blackneſs, or, which is the ſame Thing, till they have done ſmoaking; mix them together, rub them in a Mortar and paſs them through a Cypreſs-Sieve. Then take a large Spoonful of this Mix-

ture, and 4 Ounces of the best Alicant-Soap, and beat them in a Mortar, with as much Honey as will make the Whole of a proper Consistence for Pills. Sixty of which are to be made out of every Ounce of the Composition.

The Method of giving these Medicines is as follows.

When there is a Stone in the Bladder or Kidneys, the Powder is to be taken three times a Day, *viz.* in the Morning after Breakfast, in the Afternoon about Five or Six, and at going to Bed. The Dose is a Dram Averdupoiz, or 56 Grains, which is to be mix'd in a large Tea-Cup full of White Wine, Cyder, small Punch; and half a Pint of the Decoction is to be drank, either cold or milk-warm, after every Dose.

These Medicines do frequently cause more Pain at first, in which Case it is proper to give an Opiate, and repeat it as often as there is Occasion.

If the Person be costive during the Use of them, let him take as much Lenitive Electuary, or other Laxative Medicine as may be sufficient to remove that Complaint, but not more: For it must be a principal Care at all Times to prevent a Looseness, which would car-

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ry off the Medicines; and if this does happen, it will be proper to increaſe the Quantity of the Powder, which is aſtringent, or leſſen that of the Decoction, which is laxative, or take ſome other ſuitable Means by the Advice of Phyſicians.

During the Uſe of theſe Medicines, the Perſon ought to abſtain from Salt Meats, red Wines, and Milk, drink few Liquids, and uſe little Exerciſe, that ſo the Urine may be the more ſtrongly impregnated with the Medicines, and the longer retained in the Bladder.

If the Stomach will not bear the Decoction, a ſixth Part of the Ball made into Pills muſt be taken after every Doſe of the Powder.

Where the Perſon is aged, of a weak Conſtitution, or much reduced by the Loſs of Apetite or Pain, the Powder muſt have a greater Proportion of the calci i'd Snails, then according to the foregoing Direction, and this Proportion may be increaſed ſuitable to the Nature of the Caſe, 'till there be equal Parts of the two Ingredients. The Quantity alſo of both Powder and Decoction may be leſſened for the ſame Reaſons: But as ſoon as the Perſon can bear it, he ſhould

take

take them in the abovementioned Proportions and Quantities.

Instead of the Herbs and Roots abovementioned, I have sometimes used others, as Mallows, Marsh-mallows, Yarrow red and white, Dandelion, Water-Cresses and Horse-Radish-Root; but don't know of any material Difference.

This is my Manner of giving the Powder and Decoction. As to the Pills, their chief Use is in Fits of the Gravel, attended with Pain in the Back and Vomiting, and in Suppression of Urine from a Stopage in the Ureters. In these Cases the Person is to take five Pills every Hour, Day and Night, when awake, till the Complaints be remov'd. They will also prevent the Formation of gravel Stones in Constitutions subject to breed them, if ten or fifteen be taken every Day.

June 16, 1739. J. STEPHENS.

At a Meeting of the Trustees appointed by an Act of Parliament to examine Mrs. Stephens's Medicines, on Wednesday, March 5, 1739-40, in the Prince's Chamber adjoining to the House of Lords, four Persons appeared before them on whom these Medicines had been tried; viz.

1. Mr.

1. Mr. Gardiner of Fetter-lane, aged 61, who had the usual Symptoms of a Stone in the Bladder, with violent Pains for several Years. *He* was search'd by Mr. Nourse, Surgeon, Dec. 30, 1738, when both he, and Mr. Wall, Apothecary, felt a Stone in the Bladder. Mr. Gardiner took the Medicines about eight Months, voided many Pieces of Stone in that Time, was freed from all his Symptoms, and being searched again, first by Mr. Sharp, Sept. 14, 1739, and then on the 30th of November following by Mr. Nourse, Mr. Cheselden, M. Sainthill, and Mr. Belcher, Surgeons, at Child's Coffee-house in St. Paul's Church-yard, no Stone could be found.

2. Peter Appleton, of Black-Fryars, aged 67, who had the Symptoms of a Stone in the Bladder for more than seven Years, with excessive Pains for the five last Years of that Time. He was search'd, July 6, 1739, by Mr. Sharp, and found to have a Stone in the Bladder, which Stone was also felt by Dr. Pellet, Dr. Nesbit, Dr. Whitaker, and Dr. Hartley, and judg'd by all present to be a large one. He took the Medicines for about five Months, during which Time he voided a very large Quantity of

of Stone in Flakes and ſmall Fragments. He grew quite free from all his Complaints, and was ſearch'd again, firſt by Sharp, Nov. 9, and afterwards by thirteen Phyſicians and Surgeons, Nov. 30, at Child's Coffee-houſe in St. Paul's Church-yard, but no Stone was found.

3. Henry Norris, of Leather-Lane, aged 55, who had the Symptoms of a Stone in the Bladder for about a Year and half, Aug. 17, 1739, he was ſearch'd at St. George's Hoſpital by ſeveral Phyſicians and Surgeons, who all felt the Stone. He took the Medicines about four Months, and voided only a thick Sediment in that Time, however, he was entirely freed from all his Symptoms; and being ſearched again, Dec. 14, at St. George's Hoſpital, by eight Phyſicians and Surgeons, no Stone could be found.

4. William Brightby, of Colcheſter, aged 79, who had the Symptoms of a Stone in the Bladder for more than three Years. He was ſearch'd, Sept. 8, 1739, at Guy's Hoſpital, by Dr. Gardiner and Mr. Sharp, and found to have a Stone. He took the Medicines for about four Months, voided many Pieces of Stone during that Time, became free from all his

his Symptoms, and being ſearch'd again at Guy's Hoſpital, Jan. 19, 1739-40, by Dr. Gardiner, Mr. Sharp, and Mr. Belcher, no Stone could be found.

After theſe Perſons, and other Evidence had been produced, the following Certificate, being that which is requir'd by the Act of Parliament, was ſign'd by all the Truſtees that were preſent at this Meeting, except Dr. Pellet and Dr. Nesbit, who having ſome Doubts with Reſpect to the Words *Diſſolving Power*, choſe to give the ſeparate Certificates hereunto annexed.

The Certificate required by the Act of Parliament.

March 5, 1730.

We whoſe Names are underwritten, being the major Part of the Truſtees appointed by an Act of Parliament, intitled, *An Act for providing a Reward to Joanna Stephens, upon a proper Diſcovery to be made by her, for the Uſe of the Publick, of the Medicines prepared by her for the Cure of the Stone*, do certify, That the ſaid Joanna Stephens did, with all convenient Speed after the paſſing of the ſaid Act, make a Diſcovery to our Satisfaction, for the Uſe of the Publick.

Jo.

Jo. Cant.	Tho. Oxford.
Hardwicke C.	Stephen Poyntz.
Wilmington P.	Stephen Hales.
Godolphin C. P. S.	Jo. Gardiner.
Dorset.	Simon Burton.
Montagu.	Peter Shaw.
Pembroke.	D. Hartley.
Baltimore.	W. Chesselden.
Cornbury.	C. Hawkins.
M. Gloucester.	Samuel Sharp.

Dr. Pellet's Certificate.

I am satisfy'd from Experience, and do hereby certify, That the Medicines published by Mrs. Stephens for the Cure of the Stone in the Bladder, are often useful and efficacious in that Case. Witness my Hand.

March 5, 1739. *Tho. Pellet.*

Dr. Nesbit's Certificate.

The Case of Appleton I take to be as strong a Proof of the Utility and Efficacy of Mrs. Stephens's Medicines within the Meaning and Intent of the Act for providing a Reward to Joanna Stephens, &c. as can be had from one Experiment during the Life of the Patient, because I am thoroughly satisfied that Appleton had a Stone in his Bladder before he took the Medicines, and I do now believe he has not one.

F I N I S.